

"My family and friends help me by...  
Supporting me with my dreams!"

## Bobby's Run School – Lumberton, NJ

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at [www.njtaskforcecan.org](http://www.njtaskforcecan.org)



# March

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**March is National Nutrition Month.**  
Help your family stay healthy and fit with this month's tips about eating well and staying active.

1 Check out the new food guide pyramid with your children at [www.mypyramid.gov](http://www.mypyramid.gov).

2 **Read Across America Day**  
Take some time this evening to read aloud to one another.

3 Limit sedentary activities such as television, video and computer games to two hours per day or less.

4 On your next trip to the supermarket, let the kids select a new fruit or vegetable to try.

5 Get the whole family involved in regular exercise—enjoy an afternoon bike ride with your kids.

6 Calcium's a super nutrient for strong bones and teeth. Get it from milk, yogurt, cheese and calcium-fortified juices and cereals.

7 Remember you don't need to join a health club to be active. Walking is easy and free!

8 Make sure your child gets 9 to 10 hours of sleep each night.

9 Keep cut-up fruits and veggies on hand to help your child meet the recommended five-plus daily servings.

10 **March is National Women's History Month.** Teach your kids about Christa McAuliffe, Amelia Earhart or Rosa Parks.

11 Keep exercise a priority for your family. Don't just "squeeze it in."

12 Start today with a family breakfast. French toast, pancakes and omelets all pack plenty of nutrients.

13 **Girl Scout Week**  
Scouting is a great way for girls to stay active into their teens. Check it out with your daughter: [www.girlscouts.org](http://www.girlscouts.org).

14 Spread crunchy peanut butter onto celery sticks and top with raisins for a kid-favorite "ants on a log" snack.

15 Help your child stay fit with regular health check-ups and current immunizations.

16 For an energizing snack, bring orange wedges or 100% citrus juice and nut granola bars to the next sports practice.

17 **St. Patrick's Day**  
Help your children find Ireland in the atlas or on the globe.

18 Set aside time today to "tune-up" the kids' bikes for spring. Are brakes, tires and helmets in good shape?

19 Give your child positive rewards for exercising, such as workout clothes or new sneakers.

20 **Celebrate the first day of Spring!**  
Throw a frisbee or fly a kite with your kids.

21 **March is Red Cross Month**  
The American Red Cross helps people prevent, prepare for and respond to emergencies. You can help by donating blood or money.

22 Prepare now for an active and safe summer. Sign your kids up for swimming lessons at the Y or local indoor pool.

23 Exercise with your little ones. Jumping jacks are fun.

24 Power up your family's diet with antioxidant-rich foods: almonds, berries, citrus, carrots, spinach, tomatoes, bell peppers.

25 Drive less! Walk, skate or cycle more.

26 Don't let chilly weather keep you indoors. Take a walk to look for budding branches and other signs of spring.

27 Good nutrition starts before your baby is born. Eat properly, rest and see your doctor.

28 For fiber- and antioxidant-rich lunches or snacks, add baby carrots, grape tomatoes and red bell pepper slices.

29 Parfaits make a perfect dessert! Layer low-fat yogurt, fresh or frozen berries and toasted almonds in a tall glass.

30 Plan an active weekend with your family. Try roller skating, tennis or bowling.

31 Most important—have fun while being active!